

The YWCA Learn to Swim Program uses the following Red Cross Progressive Levels:

Parent/Infant: (Ages 6 mos. – 3 yrs.)

*Child must have good head and neck control.

*Parent/responsible adult must accompany child in the water.

- ♦ Water adjustment for child to feel comfortable in and around the water
- ♦ Experience supported movement
- ♦ Introduction to appropriate water safety skills such as entry/exit & life jacket safety

**Swim Diaper REQUIRED for babies.*

Aqua Tot 1: (Ages 3-4) & Level 1 (Ages 5+)

Introduction to Water Skills:

- ♦ Water entry & exit
- ♦ Underwater swimming and breath control
- ♦ Float on front and back supported
- ♦ Treading with support
- ♦ Orientation to alternating arm action
- ♦ Coordinate arms & legs
- ♦ Combined stroke on front and back with support
- ♦ Personal safety skills

Aqua Tot 2: (Ages 3-4) & Level 2 (Ages 5+)

Fundamental Aquatic Skills:

- ♦ Water entry & exit
- ♦ Breath control and underwater swimming
- ♦ Float & glide unsupported on front and back
- ♦ Treading unsupported
- ♦ Changing direction and position
- ♦ Combined stroke on front & back unsupported
- ♦ Personal safety

Aqua Tot 3: (Ages 3-4)

*Child must have completed Aqua Tot 2 or demonstrate skills.

Fundamental Aquatic Skills:

- ♦ Enter by jumping in
- ♦ Breath control and underwater swimming
- ♦ Front and back float
- ♦ Change direction while swimming on front and back
- ♦ Treading for fifteen seconds
- ♦ Combined stroke on front and back for five body lengths
- ♦ Personal safety

Level 3:

*Child must have completed Level 2, Aqua Tot 3 or demonstrate skills.

Stroke Development Skills:

- ♦ Rotary breathing
- ♦ Floating on front and back for thirty seconds
- ♦ Jump & dive into deep water
- ♦ Front crawl and elementary backstroke for fifteen yards
- ♦ Butterfly kick and body motion
- ♦ Scissors kick for ten yards
- ♦ Tread water for thirty seconds
- ♦ Changing direction and body position
- ♦ Personal safety skills

Level 4:

*Child must have completed Level 3 or demonstrate skills.

Stroke Improvement Skills:

- ♦ Dive from side of pool into deep water
- ♦ Back crawl and butterfly for fifteen yards
- ♦ Treading water using two different kicks for two minutes
- ♦ Front crawl and elementary backstroke for twenty-five yards
- ♦ Breaststroke & sidestroke for fifteen yards
- ♦ Intro to turns at wall in streamline position
- ♦ Personal safety skills

Level 5:

*Child must have completed Level 4 or demonstrate skills.

Stroke Refinement Skills:

- ♦ Long shallow dive
- ♦ Swim underwater fifteen yards
- ♦ Combined breaststroke, sidestroke, back crawl, and butterfly for twenty-five yards
- ♦ Combined stroke of front crawl and elementary backstroke for fifty yards
- ♦ Survival swimming
- ♦ Flip turns front/back
- ♦ Tread water for five minutes
- ♦ Personal safety skills

2010 SUMMER SWIM LESSONS JUNE 7- AUGUST 12 SHIPP POOL AT LEGION STADIUM

PARTNERING WITH THE CITY OF WILMINGTON

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A Note To Parents

Thank you for enrolling your child in the YWCA's Learn to Swim Program. We are very excited when we can teach another child about water safety and water skills, because it leads to a lifetime of aquatic fun. Learning water skills and water safety should be enjoyable for all who participate.

1. **Here is a general list of concerns and explanations for the infant and preschool age children participating in swim lessons.**

Concern
Crying

Explanation

Child is cold, hungry, sick, confused, or unsure about the surroundings.

Fear

Did not have an opportunity to be around a safe water environment, may have a generalized fear passed on by a fearful parent, or witnessed a traumatic water incident.

2. **This program does not drown-proof your child. They should be watched at all times and should never swim alone.**
3. **So that instructors may teach effectively, we ask that you remain behind the blue line or on the bleachers, at least 20 feet from the side of the pool to observe your child.**

With less distraction, the child can focus on the instructor and class, and as a result, learn many new, exciting, and safe skills in the water.

Thank you.

4. **Each morning session incorporates 8 classes.** Monday through Thursday for two weeks.
5. **Parent/Infant incorporates 4 classes.** Monday through Thursday for one week.
6. **Classes are filled on a first PAID basis. No pre-paid lessons will be refunded.** Unfortunately, we are unable to reschedule your session for a later date unless for a medical emergency.
7. **Registration must be done in person at the YWCA. No registration accepted at Shipp Pool at Legion Stadium.**
8. **No additional sign-up's after first class.**
9. **There are no make-up classes, unless YWCA cancels class.**

The YWCA of the Lower Cape Fear and the City of Wilmington have joined together to provide Red Cross Progression swimming lessons at the Shipp Pool at Legion Stadium located at 2131 Carolina Beach Road between Shipyard Blvd. and Greenfield Street intersections. Please refer any questions to 799-6820 ext. 109 or ext. 110.

Inclement Weather Policy: In the event of thunder, lightning or other inclement weather the YWCA will conduct safety classes or elect to make up classes on Fridays. Classes still go on in the rain. Please call the YWCA or Shipp Pool if you are in doubt.

<u>Class Size</u>	<u>(min & max)</u>
Parent/Infant	min (2) max (8)
All other Levels	min (2) max (6)

<u>Morning M/T/W/Th</u>	<u>June 7-17</u>	<u>June 21-July 1</u>	<u>July 5-15</u>	<u>July 19-29</u>	<u>Aug. 2-12</u>
9:15-9:45	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Parent/Infant	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Parent/Infant
9:15-10:00	Level 3	Level 3	Level 4	Level 4	Level 5
9:50-10:20	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2
10:10-10:40	Level 2	Level 1	Level 2	Level 1	Level 2
10:25-10:55	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2
10:45-11:15	Aqua Tot 3	Aqua Tot 3	Aqua Tot 3	Aqua Tot 3	Aqua Tot 3
11:00-11:45	Level 3 Level 4	Level 3 Level 4	Level 3 Level 5	Level 3 Level 5	Level 3 Level 4

Swim Lesson Fees

Membership Fee:	\$40.00
Morning Lessons :	\$70.00
Parent/Infant	\$40.00
Non-Member Fee (Shipp Pool at Legion Stadium Only):	
Morning Lessons:	\$80.00
Parent/Infant	\$45.00